

Vital Health



Also available
in 90 count

easy to swallow capsules

B-Complex 100

*hypoallergenic
a dietary supplement*

60 Vegetarian Capsules



Supplement Facts

Serving Size: 1 Vegetarian Capsule

Amount Per Serving		% DV†
Thiamin (thiamin HCl)	100 mg.....	6,667
Riboflavin (vitamin B2)	100 mg.....	5,882
Niacinamide	100 mg.....	500
Vitamin B6 (from pyridoxine HCl)	100 mg.....	5,000
Folic Acid	400 mcg.....	100
Vitamin B12 (cyanocobalamin)	100 mcg.....	1,667
Biotin	100 mcg.....	33
Pantothenic Acid (from d-calcium pantothenate)	100 mg.....	1,000
Inositol.....	100 mg.....	*
PABA (para-aminobenzoic acid)	60 mg.....	*
Choline (from choline bitartrate)	47 mg.....	*

† Percent Daily Value * Daily Value not established

Other Ingredients: Vegetable cellulose (preservative-free, from capsule shell), magnesium trisilicate, vegetable stearate, magnesium stearate, silica, and rice polish.

NO corn, soy, salt, yeast, wheat, milk & egg products, sugar, starch, or preservatives.

One capsule daily, as a dietary supplement.

PR 246



Manufactured by Highland Laboratories
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